



NORFOLK COUNTY ASA

Executive Committee Meeting –Tuesday 5th March 2019 – Hewett Academy

PRESENT: K Rumsey (Chairman), Mrs K Woodhouse (Secretary), Ms J Ashley, (Norwich Synchro), Mrs D Barrett (Trophies), R Barrett (Records), K Belton (Treasurer), Mrs S Buchan (North Norfolk Vikings), P Kendall (Past President), A Lelean (Website), Mrs S Lelean (Masters), T Moore (Disability), S Murray (Past President), C Searle (County Coach), A Smith (Past President), Mrs T Spinner (Hon. Secretary), Mrs M Tallwin (Synchro)

11. APOLOGIES D Peck (President), G Applin (President Elect), Mrs J Blackwell (City of Norwich SC), , Mrs E Bowen (Norfolk Junior League), Mrs C Fasey (Thetford), C Galer (Emergency Committee), Mrs J Grimes (Diss Otters SC), L Harvey (Championship Secretary), S. Park (Norwich Swan), Mrs C Rose (Competitions), S Rose (Press & PR), Mrs C Viner

12. MINUTES OF EXECUTIVE MEETING HELD ON 4th SEPTEMBER 2018

The following amendment was made and the minutes were agreed as a true record:
6. Current swimmers' achievements. Stuart Dyble has broken an East Region record.

13. MATTERS ARISING

None.

14. CORRESPONDENCE

Mr L Wells, requesting that top swimmer reports be added to the Sport Systems Results published on the NCASA website. **ACTION: K Belton.**

15. TREASURER'S REPORT

The balance sheet is looking a little healthier when compared to the same time last year. Gala entries are up slightly with some of Suffolk's contribution still to be received. New printers have been purchased.

16. CURRENT SWIMMERS' ACHIEVEMENTS

National Para Junior Championships in Liverpool 2nd-3rd March 2019:

Owen Woodrow 17-18 years (S8): 4 gold medals (50m free, 100m free, 200m IM, 100m back).

Catherine Marr 17-18 years (S13): 3 gold medals (200 IM, 50 free, 400 free), and 2 silver medals (100 breast, 100 free).

Mwaba Mkasa 14-15 years (S8): 3 gold medals (50 free, 100 free, 100 breast).

The following County Short Course Records are awaiting ratification from Winter Nationals:

Senior Women's SC 4 x 50m freestyle relay SC 1:46.2 (CoNSC); 4x50m medley relay 1:54.64; Nathan Woodrow (100Fr and 200IM Junior); Sacha Thomas (50FI, 50Fr, 100Fr – J & S, 200Fr), Jana Spinner (50Fr), Megan Pye (50 Ba, 100Ba, 200Ba),

The following County Long Course relay records were broken at the County Championships:

Men's Junior Medley – 1:55.17; Women's Junior Medley – 2:05.87; Men's Junior Free – 1:42.95; Women's Junior Free – 1:53.74; Men's Senior Free – 1:40.20; Women's Senior Free – 1:53.16 (all CoNSC).

In addition Sacha Thomas (50Fr, 100Fr, 50FI); Megan Pye (100Ba); Ben Blowers (100Fr) also broke Norfolk Long Course Records at the County Championships.

Jessica Jane Applegate broke the British S14 Long Course 1500m free Record - 18.18.21.

17. MINUTES OF THE COMPETITIONS SUB-COMMITTEE – Thursday 28th February 2019

The County Championships were organised to mirror the East Region Championships. This year some of the improvements included: use of radios, officials parading on (to help sessions start on time), Technical Director and Field of Play roles were introduced. The technical Director submitted a report on the Championships and feedback was welcomed from the coaches and clubs. A working group will be meeting to discuss the organisation of the County Championships for 2020 and will feedback to the next Competitions Sub-Committee meeting (date TBC).

Sunday 27th January was postponed due to a heating failure at the Sportpark and swum on Sunday 10th February instead. Swimmers unable to compete due to the change of date would be offered a refund. Swimmers who failed to swim in their allotted heat, leaving a lane empty will be fined in accordance with the Championship conditions (unless a valid reason has been supplied). ACTION: L Harvey in consultation with A Smith.

18. REPORTS

Norfolk Junior League. The lane draw for the County Junior Inter-Club Gala to be held at the Sportpark on Saturday 6th April (warm up at 2pm) had taken place at the Competitions meeting. Eight clubs will compete for the Copeman Cup (winners) and Clark Trophy (runners up). Members of the families have been invited to present the trophies with the County President hosting.

Officials Training & Development. A recent series of assessments have seen the following successful passes:
5 Timekeepers, 11 Judge Level 1, 3 Judge Level 2.

3 Candidates from Norfolk have commenced the 2019 British Swimming Referee training course.

A JL1 course is planned for Wednesday 20th March & Thursday 28th March at Norwich Sportspark. Further Timekeeper, JL1, JL2 & JL2S courses will be arranged subject to demand.

Swim England East Region are planning a training day for regional qualified starters who act as referees at galas within the region on 15 September 2019.

From January 2020 JL1 training will be via a new online process. There will be an embargo on enrolment of new JL1 courses in the current format from 1 November 2019. There will be a cessation of old JL1 qualification on 31st July 2020 for those currently in training. All candidates currently on the JL1 course need to have completed their theory training, poolside mentoring and passed the assessment by this date.

Officials Liaison. There was a good response to invitations to officiate at the County Championships and a lot of trainees attended for mentoring. A number of trainees were used as officials at the Warwick Thompson Gala.

Masters. Entries for the Norfolk Masters on Saturday 11th May are coming in. More officials are still required.

Synchro. M. Tallowin gave notice of her intention to stand down as County Synchro Secretary at the next AGM.

There was a grading day in January. A Masters Synchro section is being introduced. A number of swimmers attended the East Region Championships last month. A Level 1 coaching course is being held in Norwich in the autumn.

Water Polo. No report.

Open Water. It was agreed to continue to subsidise Norfolk training at Fritton Lake on Sunday mornings throughout the open water season.

The East Region Open Water Development Camp for 12-16 year olds will be on 1st June at Hatfield (pool session) and on 16th June at Stanborough (lake session). Coaches are welcome to attend as a development opportunity to see what OW swimming is all about.

There will be a Level 1 Open Water officials' course running on both development days. Trainees unable to attend the second day may complete the practical element at a Regional Championships. P. Kendall is prepared to run a more local course if there is demand from Norfolk clubs.

Volunteers and officials are needed for the East Region OW Championships (also the Norfolk Championships) at Whitlingham on 21st July.

Jacqui Kendall has been nominated to attend the World Masters' Championships in South Korea.

Disability Swimming. Dates for any disability swimmer requiring classification are as follows: 11th May (Flitwick), 21st September (Newmarket), 10th November (Basildon), February (TBC).

The East Region Para Swim Meet is at Newmarket on 1th June (warm up 5pm). Two classification teams will be in attendance. There will be an officials' CPD in the afternoon.

The Swimability Gala will be held at Riverside on Saturday 6th July 6-8:30pm. The Treasurer proposed that the County should continue to subsidise the gala and meet any financial shortfall for 2019 and in subsequent years. Seconded T. Spinner. Agreed unanimously.

Records. It was agreed at the last Competitions meeting to backdate any unclaimed County records to 2010 using the National Database. R. Barrett confirmed that this should be complete by the end of the month.

Trophies. The presentation of Top Swimmer trophies for the County Championships was moved from the Relay Gala to the end of the last session. Unfortunately some of the recipients were absent as a result. Trophies need to be returned earlier to allow for repairs. The same medals are awarded at all three levels of County competition for ease of ordering and management.

County Website. All results and top swimmer reports are on the website.

County Development. The County Development Camps for 11 year olds will be 11th May, 29th June, 14th September at Dereham. All the swimmers have received invitations based on the County Championship results as follows: all event winners, then 2nd place swimmers followed by 3rd and so forth until all spaces were filled. There will be workshops on lifestyle, nutrition and effective technique which parents may attend. A nominal fee may be charged to swimmers attending in the future.

The Development fund has also paid for a strength and conditioning coach and for nutrition tasting. Volunteer coaches from the Norfolk clubs are needed to take lanes and lead strokes. Please contact Chris Searle if able to assist. This is an ideal development opportunity and it was agreed to pay expenses for those coaches supporting the County.

East Region. No report.

East Region Competitive Swimming. Reported at the Competitions on 28th February and included in those minutes.

Child Protection & Welfare. No report.

Press & PR. No report.

ANY OTHER BUSINESS

The Development Committee are attending a meeting at Necton School to discuss the proposed 6 lane 25m pool and to meet the builders.

Next meeting Wednesday 5th June.